

Table S1. Quality control data

std CBT							
<i>In-house standards used for normalisation correction</i>							
Sample ID	Weight (mg)	N2 Amp	%N	$\delta^{15}\text{N}$ vs. At. Air	CO2 Amp	%C	$\delta^{13}\text{C}$ vs. VPDB
std CBT	1.031	6 044	12.54	17.59	4 340	48.11	-25.61
std CBT	0.985	5 799	12.55	17.58	4 184	48.3	-25.57
std CBT	0.921	5 462	12.6	17.55	3 947	48.5	-25.63
std CBT	1.004	6 003	12.6	17.39	4 338	48.35	-25.55
std CBT	1.047	6 311	12.6	17.39	4 544	48.29	-25.56
std CBT	1.087	6 476	12.48	17.42	4 664	48.03	-25.56
	Mean		12.56	17.49		48.26	-25.58
	SD		0.05	0.1		0.17	0.03
std KCRN							
<i>In-house standards used for normalisation correction</i>							
Sample ID	Weight (mg)	N2 Amp	%N	$\delta^{15}\text{N}$ vs. At. Air	CO2 Amp	%C	$\delta^{13}\text{C}$ vs. VPDB
std KCRN	2.052	2 952	3.08	1.44	6 760	40.62	-13.02
std KCRN	1.992	2 855	3.06	1.51	6 607	40.72	-13.05
std KCRN	1.958	2 812	3.06	1.55	6 569	41.02	-13.02
std KCRN	2.09	3 043	3.02	1.1	7 072	40.88	-13.01
std KCRN	1.994	2 875	3.02	0.95	6 792	40.8	-13.02
std KCRN	1.969	2 909	3.06	1.09	6 792	41.13	-12.96

	Mean		3.05	1.27		40.86	-13.01
	SD		0.02	0.25		0.19	0.03
std Deer							
<i>In-house standard used for precision purposes</i>							
Sample ID	Weight (mg)	N2 Amp	%N	$\delta^{15}\text{N}$ vs. At. Air	CO2 Amp	%C	$\delta^{13}\text{C}$ vs. VPDB
std Deer	0.99	6 637	14.02	6.11	4 280	47.95	-20.02
std Deer	1.081	6 839	13.55	6.07	4 422	46.21	-19.86
std Deer	1.06	6 549	13.4	6.28	4 160	45.47	-19.95
std Deer	1.062	6 560	13.1	6.27	4 248	45.26	-19.96
std Deer	0.997	6 895	14.98	6.33	4 400	50.86	-20.04
	Mean		13.81	6.21		47.15	-19.96
	SD		0.73	0.12		2.33	0.07

Table S2. C:N ratio per species

Species	C :N ratio				N samples
	min	max	mean	sd	
<i>Ammodytes tobianus</i> (large)	3.2	3.3	3.3	0	5
<i>Arnoglossus laterna</i> (small)	3.1	3.5	3.3	0.1	17
<i>Asterias rubens</i>	4.4	7.9	5.8	1.2	11
<i>Bathyporeia pelagica</i>	4	5.2	4.5	0.4	13
<i>Buglossidium luteum</i> (large)	3.2	3.8	3.3	0.2	11
<i>Buglossidium luteum</i> (small)	3.1	3.4	3.2	0.1	22
<i>Carcinus maenas</i>	3.2	3.5	3.4	0.2	3
<i>Crangon crangon</i>	2.9	3.7	3.2	0.2	21
<i>Dicentrarchus labrax</i> (small)	3.2	3.4	3.3	0.1	4
<i>Donax vittatus</i>	2.9	3.8	3.3	0.4	3
<i>Echiichthys vipera</i> (large)	3.1	3.7	3.3	0.2	13
<i>Echiichthys vipera</i> (small)	3.1	3.4	3.2	0.1	34
<i>Echinocardium cordatum</i>	2.2	8.2	4.9	1.9	10
<i>Fabulina fabula</i>	3.3	4.5	3.8	0.5	6
<i>Gastrosaccus spinifer</i>	3.3	5.6	3.8	0.5	26
<i>Glycera tridactyla</i>	3.2	4.3	3.8	0.5	4
<i>Hyperoplus lanceolatus</i> (large)	3.1	3.5	3.2	0.1	10
<i>Hyperoplus lanceolatus</i> (small)	3.2	3.4	3.3	0.2	2
<i>Lanice conchilega</i>	4.7	4.7	4.7	NA	1
<i>Liocarcinus holsatus</i>	3	3.7	3.2	0.1	32
<i>Loligo vulgaris</i>	3.8	3.8	3.8	NA	1
<i>Magelona filiformis</i>	3.8	3.9	3.8	0.1	4
<i>Merlangius merlangus</i> (small)	3.1	3.3	3.2	0.1	11
<i>Mullus surmuletus</i> (small)	3.1	3.3	3.2	0.1	7
<i>Nephtys cirrosa</i>	2.7	4.5	3.7	0.3	39
<i>Nephtys hombergii</i>	3.1	3.9	3.7	0.2	12
<i>Ophelia borealis</i>	2.7	3.8	3.2	0.3	18
<i>Ophiura ophiura</i>	0.4	6.7	3.8	2.1	6
wPOM	6	13.5	9.8	2.4	17
<i>Pagurus bernhardus</i>	4.9	7.3	5.9	0.9	6
<i>Palaemon elegans</i>	3.3	3.5	3.4	0.1	3
<i>Pleuronectes platessa</i> (large)	3	3.3	3.2	0.1	9
<i>Pleuronectes platessa</i> (small)	3.1	3.4	3.3	0.1	25
<i>Pontocrates altamarinus</i>	3.8	6	4.4	1	4
sPOM	2.6	16	8.5	3	44
<i>Sigalion mathildae</i>	3.5	3.7	3.6	0.1	5
<i>Solea solea</i> (large)	3.1	3.3	3.2	0.1	5
<i>Solea solea</i> (small)	3.2	3.3	3.2	0.1	7
<i>Spisula solida</i>	3.4	4.5	3.8	0.4	11
<i>Sprattus sprattus</i> (small)	3.2	3.5	3.3	0.1	7
<i>Tellimya ferruginosa</i>	3.8	3.8	3.8	NA	1
<i>Thia scutellata</i>	4.7	4.7	4.7	NA	1
<i>Trachurus trachurus</i> (large)	3.1	3.4	3.2	0.1	7
<i>Trachurus trachurus</i> (small)	3	5.3	3.3	0.5	20
<i>Urothoe brevicornis</i>	4.1	6	5.1	0.6	9